

PKS History Committee Receives Grant

By Michelle Powers

HISTORY STORIES

Reflections of Pine Knoll Shores

The Pine Knoll Shores History Committee is pleased to report that our grant application to the North Carolina State Archives for participation in the Digitizing North Carolina's Hidden Collections initiative has been accepted. This program is a partnership of the NC State Archives and the Digital Heritage Center at UNC-Chapel Hill University Library.

The program provides for the transportation, scanning and online publishing of NC historical records and materials from libraries, archives, historical and genealogical societies and museums. In responding to the question, "What is the significance to the history and culture of NC or your region?" the History Committee responded:

The Town of Pine Knoll Shores was developed by the heirs of Alice Hoffman, the grandchildren of Teddy Roosevelt. The Roosevelt legacy of environmental stewardship influenced the town's early development and continues to inform decision-making today. This collection of maps, documents and letters, which describe the early conceptual plans of the town's development, are an important resource for current decision-makers, residents and researchers interested in the development of Carteret County and the NC coastal region. Coastal North Carolina faces many environmental challenges and development pressures. These early plans help to provide historical perspective to guide current policy and explain current conditions.

Based on the strength of our application, the grant reviewers agreed that the Pine Knoll Shores collection provides an important addition to the state archives.

The town's History Committee will be assembling over 100 maps, documents, letters and conceptual plans from our history archive to submit for digitization. This project helps to safeguard the collection, much of which is in fragile condition. Local residents will be able to easily consult the file for data on early town development, and the town's Planning Board, Strategic Planning Committee and Board of Commissioners can access the file for background data when formulating regulations and policy recommendations. It is also an excellent source of information for local homeowners associations and for researchers interested in the early development of Bogue Banks.

It is only July, but the History Committee is busy at work preparing a holiday gift for use in 2019. Under production is a 12-month calendar of iconic images of Pine Knoll Shores from the sea to the sound, from Beacon's Reach to PIKSCO. It will depict locations around our town that help to tell the story of Pine Knoll Shores, all from photos taken by local photographers and annotated with historical tidbits. The calendar will be available for purchase at town hall this fall and will make a wonderful Christmas gift for you and your family.

As you can see, the Pine Knoll Shores History Committee is involved in a variety of exciting projects. If you enjoy history, please consider joining our group and lending your talents to our efforts to preserve our town's unique heritage. If you think you might be interested in joining us, please contact Michelle Powers at

michellepowersnc@gmail.com or call town hall at 247-4353, ext. 10, and speak with Betty Carr. Our current History Committee team members are Martha and Clark Edwards, Ted Lindblad, Susan Phillips and Michelle Powers. Phyllis Makuck continues to contribute her research and writing skills to the committee from her new home in Wilmington.

Be sure to visit the History Committee blog at pineknollhistory.blogspot.com for more about the history of Pine Knoll Shores.

ON THE GRILL

Reverse Searing a Steak

By John Clarke

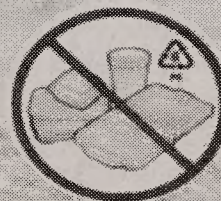
By the time you are reading this, you probably have cooked a good number of meals on your grill during the outdoor summer season. The Fourth of July definitely says a cookout is in order, and nothing quite beats a good steak on the grill. The most famous steakhouses will usually serve the cuts that come from the rib and loin area, but you can make good meals from some of the other cuts as well. The cuts that are the best for steaks are the ribeye, NY strip, porterhouse, T-bone, strip steaks and filet mignon. If I am going to have a steak, whether eating out or grilling, I want one that is 1.5-2 inches thick. Thin steaks cook too quickly and you can end up with a well done, leathery product.

Recently, Harris Teeter started selling a tomahawk ribeye, which keeps the long rib bone attached to the meat, giving quite an impressive-looking piece of Fred Flintstone-sized proportions. If you have not heard of the famous Turkish chef Salt Bae, look him up on YouTube to see his delivery style of salt onto the giant cuts of meat. A butcher at heart, he is a fan of the tomahawk ribeye and can cut meat with lightning accuracy and is deadly as he tosses cuts of meat around the kitchen.

If at all possible, find a supermarket that has a butcher that can cut a custom cut for you. Food Lion has moved the cutting of most of their meat back to their warehouse, especially the cuts with a bone (porterhouse and T-bones). While the fellows at the Atlantic Beach store now tell me that they will custom cut ribeyes, I find Harris Teeter almost always has a custom cut available that is the higher end grade of Angus or Prime. Moreover, a butcher (not a clerk) is on site at Harris Teeter during most of the day.

A little preparation before cooking makes a big difference. Have you ever seen meat hanging in a restaurant store front, advertised as dry-aged beef? You can do the same thing at home. The first thing you will need is a small rack that will fit on a plate or in a small pan so that air circulates all around the meat. Coat the meat liberally with sea salt or kosher salt, making sure to hit the sides if you enjoy the taste of grilled steak fat. The salt enhances flavor and helps the protein hold in moisture. A little pepper is good, too, but avoid using a marinade as it does not provide any tenderizing, masks the steak's natural flavor and prevents the steak from developing a crust—which is what you get at top drawer steakhouses such as Ruth's Chris, Morton's and almost any of Chicago's eateries.

(Continued on page 28)



**JUST SAY "NO"
TO PLASTIC
FOAM**

Disposable foam products are not recyclable, and take up to 500 years to biodegrade. Make a smart decision and choose reusable cups and plates.